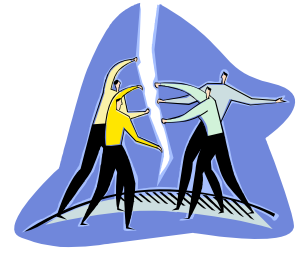


What is dance?

- Dance is movement through time and space.
- Dance is a means of self-discovery, opening minds and imaginations.
- Dance is a way to develop creative problem solving skills.
- Dance is a way to encourage lifelong commitment to fitness and health.
- Dance is something all people can do, regardless of age, ability, or gender.
- Dance is a way of enhancing human interaction through cooperating and sharing.
- Dance is a way to express feelings or communicate ideas.
- Dance is a way to develop an understanding and appreciation of the body.



Children have a natural instinct to move – to jump or leap for joy, roll with laughter, melt with disappointment, or contract with fear. Movement helps them master their world and determine who they are. Their intuitive responses and explorations of movement become the material of the elementary dance core curriculum. Through this curriculum, students transform everyday movement into dance by focusing on the sensory experience. They learn to value themselves and others as unique individuals with the ability to move, create, and respond to ideas, concepts, feelings, and relationships through dance. Children discover that, as unique and creative human beings, the power to find joy and personal connections resides within themselves.

Below are the suggested target understandings and skills for sixth grade dance:

- **Moving** - Explore various conditioning methods used in dance. Show increased body conditioning. Create and perform complex axial movement and locomotor steps with accurate rhythms, spatial directions, and body shaping. Show how the body and mind works.
- **Investigating** - Move in syncopation. Create an 8-count rhythm. Create unique dependent and independent shapes and movement transitions, in and through space. Create a sequence using three different body parts as focal points while changing levels, directions, and timing. Explore energy qualities using a variety of accompaniments.
- **Creating** - Create a movement theme and in small groups, develop it using the dance elements and the formative parts of choreography. Create sequences by recalling phrases from improvisations. Show skills in creating individual, partner, and group movement phrases. Respond to dance using the formal properties of dance.
- **Connecting** - Learn about the history and cultural origins of a social dance you have learned. Attend a live concert or observe a guest artist perform modern dance. Discuss how this American dance form developed, it's style, and role it plays in culture today. Create a dance based on a current event, theme, social or cultural viewpoint or ideas.

